

Quick Reference Card For Ergonomic Weaving Bench Users

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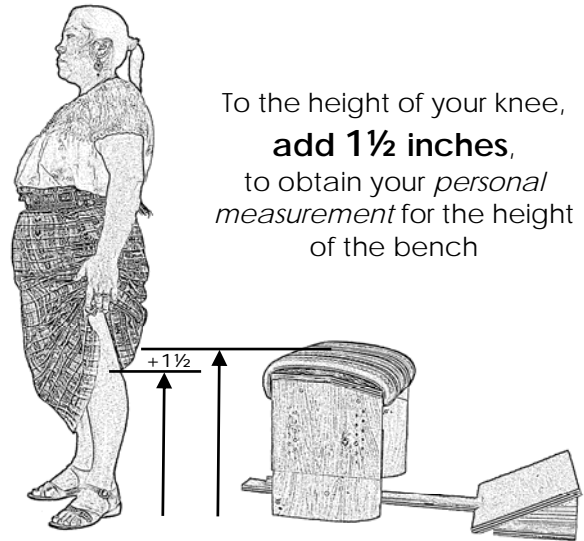


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1

Measure from the floor to the wrinkle in your skin behind your knee



2

To the height of your knee, **add 1½ inches**, to obtain your *personal measurement* for the height of the bench

Remember: the height of the bench is defined as the distance from the floor to the top of the cushion

The goal is to find the bench height that allows you to sit with your hips higher than your knees

Good posture connects with the energy of mother earth



3

Adjust the space according to the size of the foot

When opening the shed, let the bench rock forward instead of bending your spine

Use one foot on the footrest and the other on the floor



4

Let the bench rock forward on the curve

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! CAUTION

AVOID BACK AND BODY INJURIES FROM MISUSE AND ABUSE.

DO NOT USE ON UNEVEN, ROUGH OR WET SURFACE.

DO NOT USE BENCH WITHOUT FOOTREST.

DO NOT USE BENCH IF IT IS BROKEN OR THE SEAT IS WORN.

REPAIR OR REPLACE BENCH AND PARTS AS NEEDED.

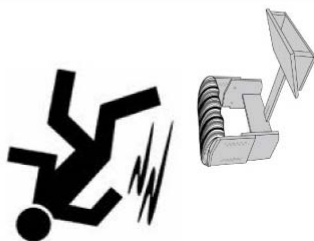
TAKE REGULAR BREAKS EACH HOUR TO STAND, WALK AND RELAX.



! DANGER

AVOID SERIOUS INJURY OR DEATH FROM FALLING.

DO NOT STAND ON WEAVING BENCH.



! WARNING

AVOID SERIOUS INJURY FROM PINCHING IN MOVING PARTS.

SUPERVISE CHILDREN AROUND THE BENCH.

DO NOT PLACE FINGERS, HANDS OR TOES NEAR MOVING PARTS.

